



Longwood 50+ Center

September 2018

Days of Operation: Tuesday 8:30am – 3:00pm  
Wednesday 8:30am – 4:00pm

6150 Foreland Garth  
Columbia, MD 21045  
410-313-7217

Director: Kari Weidner

[www.howardcountyaging.org](http://www.howardcountyaging.org)

Monday September 3, 2018	Tuesday September 4,2018	Wednesday September 5, 2018	Thursday September 6, 2018	Friday September 7, 2018
  <b>LABOR DAY</b>	Chinese Exercise 9:00am Crocheting/ Knitting 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30-3:00pm	Chinese Exercise 9:00am Chinese Song & Zumba 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 2:00- 4:00pm		
Monday September 10, 2018	Tuesday September 11, 2018	Wednesday September 12, 2018	Thursday September 13, 2018	Friday September 14, 2018
	Chinese Exercise 9:00am Crocheting/ Knitting 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30-3:00pm	Chinese Exercise 9:00am Chinese Song & Zumba 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 2:00- 4:00pm		
Monday September 17, 2018	Tuesday September 18, 2018	Wednesday September 19, 2018	Thursday September 20, 2018	Friday September 21, 2018
	Chinese Exercise 9:00am Crocheting/ Knitting 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30-3:00pm	Chinese Exercise 9:00am Bingo 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 2:00- 4:00pm		
Monday September 24, 2018	Tuesday September 25, 2018	Wednesday September 26, 2018	Thursday September 27, 2018	Friday September 28, 2018
	Chinese Exercise 9:00am Crocheting/ Knitting 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30-3:00pm	Chinese Exercise 9:00am Chinese Song & Zumba 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 2:00- 4:00pm		